



# The Journal

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February 16, 2017

## MISSION SLIMPOSSIBLE: Gaining a Healthy Lifestyle



Photo by Andrew Damstedt



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# Commander's Column

By Col. Christopher Boyle  
Commander, Warrior Transition Brigade  
National Capital Region

“Live Long and Prosper.” Pretty deep words from a VERY logical guy with pointy ears. The oft used greeting by Star Trek’s Mr. Spock sums up the purpose of the Warrior Transition Brigade’s Wellness program. Understanding that Soldiers assigned to WTB-NCR arrive with complex injuries and illnesses which often require changes in the way they live, the WTB-NCR Rehabilitation Team saw the opportunity to improve Soldier physical and mental health by establishing a healthy lifestyle habits. The 8-week program combines the tenets of the Army Performance Triad (Activity, Sleep and Nutrition) with the components of the Warrior Care and Transition Program Adaptive Reconditioning program.

Soldiers begin their journey at the Army Wellness Center at Fort Meade. The talented staff at the AWC conduct a full health assessment and provides baseline data on each Soldier’s body composition, metabolic rates and overall fitness level. This data allows the Soldiers, with the assistance of the WTB-NCR Occupational Therapy staff, to develop their personal goals. To achieve the goals, the rehab staff has taken advantage of the phenomenal talent at WRNMMC to provide instruction on sleep hygiene, nutrition and with the WTB-NCR Physical Therapy staff, fun and demanding physical activities.

But the program is more than “book learnin’.” After the Soldiers are taught the fundamentals, the remainder of the program focuses on implementation. Soldiers are encouraged to use “wearables” and a suite of smartphone applications to assist them in tracking activity, sleep, calorie intake and expenditure. In short, the Soldiers account for their lifestyle habits.

Those who have struggled with wellness know all too well that learning about nutrition, sleep and activity is easy; applying this knowledge into one’s daily life is much more of a challenge. The Wellness Program focuses heavily on the “how-to” aspect. Budgeting and shopping for nutritious foods, learning how to make tasty meals and efficient use of time dedicated to activity are major components of the program. Field trips to grocery stores, meal preparation exercises and healthy cooking competitions are part of the hands-on portion of the course.



One of the goals of the program is to spark a Soldier’s passion for an activity, adapted if required. To find that spark, the physical therapy team leads the group through a wide array of activities which are scheduled throughout the program. In essence, the Soldiers are provided the opportunity to sample from the “activity buffet.” Yoga, TRX, combatives, hiking and many other events are explored to give the participants a taste of what is available to them.

Finally, Soldiers are taught healthy habits to reduce and to increase both the quality and quantity of their sleep. Experts from WRNMMC’s sleep clinic have offered their assistance and, Soldiers who may require their services, are referred to the clinic.

As the program evolves, WTB-NCR intends to offer a similar program for Caregivers. Certainly the stress and strain of caregiving is reason enough to have a complementary program. But equally important, Caregivers are an integral part of a Soldier’s life. Adding healthy habits simultaneously increases the probability that the habits will be long-lasting.

In the end, I am confident that this program will empower our Soldiers, improve human performance and allow them to live long, productive lives.

# Bethesda Notebook

## American Heart Month

In observance of American Heart Month, Walter Reed Bethesda departments will host the following events: Hyperlipidemia, Feb. 22 at 11 a.m., Building 9’s west mezzanine, and HTN and Stroke information, Feb. 28 at 11 a.m., Building 9’s west mezzanine.

## Prostate Cancer

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Feb. 16 from 1 to 2 p.m. and from 6:30 to 7:30 p.m. in the America Building, River Conference Room on the third floor. Spouses and partners are invited. Military identification is required for base access to Walter Reed Bethesda. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Col. Jane Hudak, patient educator for the Prostate Center, at 301-319-2918.

## Black History Month

The Multicultural Committee at Walter Reed Bethesda will host a Black History Month observance on Feb. 23 at noon in Building 2’s Memorial Auditorium. Everyone is invited to attend.

## Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC’s workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

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# Mission Slimpossible: Gaining a Healthy Lifestyle

By Andrew Damstedt  
The Journal

It's not the pounds lost that Naval Support Activity Bethesda's Fitness Center personal trainers are focusing on during this year's weight loss challenge: rather, it's helping people to start living a healthier lifestyle.

Now in its third iteration, Mission Slimpossible was started in January to coincide with people making goals to stay healthier.

"Working on physical fitness, and getting in shape and being a healthier you is on a lot of people's minds [in January]," said Fitness Center personal trainer Amanda O'Brien. "We want to give people the tools to do it correctly and as healthy as possible by providing them with the physical aspect of workouts and giving them nutritional information. The hardest part is staying the course."

This year has turned out to be the most popular of the three years the program has been offered, according to Sara Myers, Fitness Center personal trainer.

Fifty three people are participating this year and instead of just keeping track of pounds lost; participants earn points for different activities, such as attending group workouts, exercising, logging weight, or even loftier feats of finishing a marathon or doing a triathlon.

"At the beginning [a marathon might] seem unrealistic or unfeasible," O'Brien said. "But we're hoping by the end that you're getting more comfortable with challenging yourself so maybe that marathon doesn't seem – or even a half marathon – doesn't seem that crazy."

The challenge started Jan. 17 with initial weigh-ins and Myers said a couple weeks in that everyone has either lost some weight or maintained their weight. Final weigh-ins are scheduled from March 6 to March 10. The top male and female winners as well as the team with the most points will be announced in mid-March.

Myra Tu, Uniformed Services University of the Health Sciences program administrator specialist, was on the winning team the first year.

"It helps me start my healthy kick," she said. "It positively impacted my life, so much that I keep signing up every year. Since then, the program just gets better and better."

The program has helped improve her health, she said.

"I've lost over 10 pounds and I've been maintaining that, and I feel good overall; it's a good stress reliever, and I'm just eating right too," Tu said.

Walter Reed National Military Medical Center employee Lisa Smith said she joined the program to improve her health and said she really enjoys the group workout sessions.

The first group session was a workout indeed and I felt the effects of it for the entire week," Smith said. "The second workout session kicked my butt also but I was able to recover a little more quickly."

Each person is assigned a personal trainer – either O'Brien, Myers or Raul Diaz – to help them stay on course during the program. Each trainer also has a weekly class where they go over various workouts that participants can do even after the program has ended.

Another way to earn points is completing a monthly challenge, and for February it's rowing 1,000 meters as fast as you can.

O'Brien said she helped a group of women who had never rowed before.

"The concept of rowing 1,000 meters didn't mean anything until after and they were super tired," O'Brien said. "The group had only met twice but they'd created a bond and were willing to go out and go above and beyond



PHOTOS BY ANDREW DAMSTEDT

**Personal trainer Amanda O'Brien leads a recent Mission Slimpossible group workout in Naval Support Activity Bethesda's Fitness Center gym.**

and row 1,000 meters as fast as they could."

January's challenge was to see how many pushups one could do in two minutes and there are two challenges for March: one challenge is for Sailors to do the maximum number of curl ups in two minutes and Soldiers to do as many sit-ups as possible where civilian participants can do either one. The second challenge is to shoot as many free throws as possible in one minute.

In addition to weekly workouts, there's a seminar on nutrition and food label reading and one at the end of the eight weeks focusing on "Overcoming the weight loss plateau."

At the nutrition seminar, Diaz went over healthy portion sizes, what kind of foods to eat and how to effectively read food labels. He also gave them 10 nutrition rules, such as eating less processed foods, eating breakfast daily, sleeping seven to eight hours per day, and eating healthy fats, among others.

"Ask, 'Does this have nutrition value for my body?'" Diaz said.

He also suggested using [www.supertracker.usda.gov](http://www.supertracker.usda.gov) or the Navy's Operational Fitness and Fueling System (NOFFS) app to track calories.

O'Brien said she hopes this weight loss challenge will help people become healthier and the trainers are there to help them throughout the program.

"Sometimes weight loss can be overwhelming and frustrating all at once so having someone help you through it and be there for when you're upset, someone that can say, 'It's ok, we're going to make it through this. What can we change to make your life better?'" O'Brien said.



**Personal trainer Amanda O'Brien shows how to incorporate a sandbag during a recent Mission Slimpossible group workout in Naval Support Activity Bethesda's Fitness Center gym.**



# WRNMMC Recognizes Nurses for Extraordinary Care

By Bernard S. Little  
WRNMMC Public Affairs

In nominating Walter Reed Bethesda Army nurse 2nd Lt. Danielle Kendall for the October DAISY Award for Extraordinary Nurses, a patient stated, "This nurse's clinical skills and compassionate care exemplify the kind of nurse who can become a future leader in nursing."

"I'm a wounded warrior who received a Purple Heart for multiple gunshot wounds in Afghanistan on Oct. 20, 2016," the patient continued. "I could depend on [Kendall], trusting she would provide compassionate and proficient care. She is gifted in the ability to create a positive environment, [which] put me at ease and gave me courage and hope to keep pounding toward recovery from multiple surgeries...My spouse, mother and father were very pleased with her professionalism and as an advocate for family members. I can tell her compassion is natural, and she feels it is a privilege to care for each individual under her care."

Those accolades by the patient were instrumental in Kendall earning the October DAISY award at Walter Reed National Military Medical Center. The WRNMMC nursing team recognized Kendall, along with November's DAISY award winner, Janis Hampton, and December's honoree, Army Sgt. Casey Reif, during presentations of the awards Jan. 4 and 12 at the medical center.

Each presentation took place at the recipient's work area, and WRNMMC's Director of Nursing Services, Navy Capt. Valerie Morrison, was on hand to award the honorees their hand-carved Healer's Touch sculpture and certificate. Reif and Hampton received their awards on Jan. 4 and Kendall on Jan. 12.

Morrison explained the DAISY award is a nationwide program recognizing nursing excellence. It began in 1999 in the memory of J. Patrick Barnes, who died earlier that year at the age of 33 from Idiopathic Thrombocytopenic Purpura (ITP), an autoimmune disease. DAISY is an acronym for Diseases Attacking the Immune SYstem.

"We created the DAISY Award for Extraordinary Nurses and piloted the program at [a health-care facility in Seattle] whose nurses cared for Patrick during the last weeks of his life," stated his father Mark Barnes on the program's website. "Our goal was to ensure that nurses know how deserving they are of our society's profound respect for the education, training, brainpower, and skill they put into their work, and especially for the compassion with which they deliver their care. At the time we started the program, we could not have anticipated that the DAISY award would come to be regarded as a strategic tool for nurse recruitment and retention and would be adopted by health-care facilities all over the U.S. and beyond." Currently, more than 2,400 health-care facilities in all 50 states and 15 other countries participate in the DAISY award program, according to program officials.

"It's just a great way for us to recognize our nursing team on a monthly basis," Morrison said about the initiative at WRNMMC. "It really does spotlight the excellent care each and every one of our nurses gives every day," she added. Anyone, including patients, family members, colleagues, volunteers and visitors, can nominate a nursing team member for the DAISY award at WRNMMC.

A patient's family nominated Hampton for the November DAISY award. During the reading of the



PHOTOS BY BERNARD S. LITTLE

Walter Reed Bethesda nursing team members and co-workers of Army 2nd Lt. Danielle Kendall (black jacket center) are on hand to congratulate her for earning the October DAISY award for extraordinary nurse care at the medical center.



Walter Reed National Military Medical Center's Director of Nursing Services, Navy Capt. Valerie Morrison (right) awards Army Sgt. Casey Reif with the December 2016 DAISY Award on Jan. 4 in the Nursing Administration section.

nomination, followed by Morrison presenting her the award on 7 West, Hampton was moved to tears. Jan. 4 is also Hampton's birthday. The patient's family explained when their son arrived at WRNMMC, "he was under weight and wasn't feeling himself, but I thank God for this nurse. [Hampton] came into my son's life, and she was a second parent to him. [She] had love, patience, compassion and [was] outstanding. I thank this nurse and the entire staff for taking good care of my son. I will always remember this nurse. The main thing about this nurse is she took my son under her wings and treated and took care of him as if he was her own son."

"I try to treat them all equal," Hampton said of her patients. "I'm here mainly to take care of the patients. I've done it for 30 years now. I appreciate this recognition. It means a lot to me, just like my patients," she added.

A patient's family also nominated Reif, of Nursing



Walter Reed National Military Medical Center's Director of Nursing Services, Navy Capt. Valerie Morrison (right) awards Janis Hampton the November 2016 DAISY Award Jan. 4 on the seventh deck.

Administration, for the December DAISY award. "My son was transported by ambulance from West Point Military Academy [to WRNMMC]. He was diagnosed with ulcerative colitis. His future at West Point was limited. [Reif] supplied personnel to talk to him about his future, printed diets to help him curb future flare-ups, and spoke with him about personal experiences she had seen with this condition. [She] cared for him medically and compassionately. Even more than that, this nurse was used by God to further mold a man."

Nominations for the DAISY award can be submitted to any nurse or clerk on your ward or clinic; by e-mail to joan.loepkerduncan.civ@mail.mil; or mailing it to Joan Loepker-Duncan WRNMMC, 8930 Brown Drive, Bldg. 9, Room 2894, Bethesda, Maryland 20889. For additional information about the DAISY award at Walter Reed Bethesda, contact Joan Loepker-Duncan at 301-319-4617.



# New Study Links ‘Mastermind’ Gene to Rare Cancer-Causing Tumor

By Sarah Marshall  
USU External Affairs

Scientists have discovered a new “mastermind fusion gene” may be associated with a rare cancer-causing tumor – pheochromocytomas (“pheo”) and paragangliomas, according to a study published Feb. 13 in *Cancer Cell*, by researchers at the Uniformed Services University (USU) and the National Cancer Institutes’ The Cancer Genome Atlas. This breakthrough discovery could lead to more precise treatment as well as a better understanding of cancer itself.

These adrenal gland tumors are often benign, but they can become malignant, and in some cases lead to life-threatening hypertension, arrhythmia, and stroke, but it’s not clear which tumors will become metastatic because of the disease’s rarity and complex biology. Therefore, patients with the metastatic disease have few treatment options and poor prognosis. To help detect genetic mutations and better understand this disease, a group of researchers at USU and the nationwide Cancer Genome Atlas Research Network examined 173 tumors, performing six genomic tests, such as DNA and RNA sequencing.

The researchers found what they refer to as the mastermind fusion gene – the first fusion gene associated with this type of tumor. This hybrid gene forms from two previously separate genes and only occurs in a new subtype of this disease. The researchers suggest this disrupts the normal



PHOTO BY SARAH MARSHALL

**Co-senior author on the *Cancer Cell* study, Dr. Matthew Wilkerson, associate professor and Bioinformatics Director of The American Genome Center and the Collaborative Health Initiative Research Program at the Uniformed Services University.**

biology of the cell and thus producing tumor cells. The researchers believe this mastermind fusion gene will help describe for some patients why the tumor has developed, and better predict patient outcome. The fusion gene may also lead to future targeted therapy and have implications for other cancers.

Additionally, the researchers found

18 “driver” genes in this type of tumor, meaning there are 18 different ways this tumor could become cancerous. This is an unusually large amount

of drivers, not typical for many other tumor types, according the study’s senior author Dr. Matthew Wilkerson, associate professor and Bioinformatics Director of The American Genome Center and the Collaborative Health Initiative Research Program at USU. This finding allowed their team to classify tumors into four major molecular subtypes, which could also lead to developing new therapies.

“For patients who have this diagnosis, surrounded by its uncertainties, this new discovery sheds light on the disease. We think these results will ultimately lead to individuals and their families having a better understanding of their prognosis and more precise treatment,” Wilkerson said.

The paper’s co-senior authors are Dr. Katherine Nathanson, a professor in the division of Translational Medicine and Human Genetics at the University of Pennsylvania’s Abramson Cancer Center, and Dr. Karel Pacak, chief of the section on Medical Neuroendocrinology at the Eunice Kennedy Shriver National Institute of Child Health and Human Development at the National Institutes of Health.

The study was supported with grants by the National Institutes of Health.

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# USU Opens New College of Allied Health Sciences

## Dr. Mitchell Seal Selected as Founding Dean

By Sharon Holland  
USU External Affairs

The Uniformed Services University of the Health Sciences (USU) recently established a new College of Allied Health Sciences for both graduate and undergraduate education programs.

"We are excited to bring this new opportunity, through the University's College of Allied Health Sciences, to address the needs of our students and the military Services," said Dr. Richard W. Thomas, president of USU. "This is consistent with the National Defense Authorization Act directive and represents a tremendous opportunity for enabling superb graduate education for our officers across the Military Health System and ensuring high quality undergraduate education opportunities for our enlisted medics, corpsmen, and technicians."

The College, which is headquartered on Joint Base San Antonio in Texas, will partner with existing graduate programs as determined by each of the military Services, as well as with the Medical Education and Training Campus (METC) for undergraduate



PHOTO COURTESY USU

**Dr. Mitchell Seal, founding dean of the new College of Allied Health Sciences at the Uniformed Services University.**

programs. METC is aligned under the Defense Health Agency and is initially interested in USU assessing academic portfolios for students in four of their programs — surgical technologist, medical laboratory technologist, nuclear medicine technician, and neuro-diagnostic technician. Students' qualifications, as well as the training received at METC, will be properly documented and transferred to recognized, transcribed college credits with the

opportunity to complete a degree awarded from USU. Approximately 1,100 students are anticipated to be phased over the next several years.

"All of these accredited programs yield civilian-sector health care credentials and reduce the initial cost of training to the Department of Defense. This also increases the longer-term value of the military education benefit as funds can now be applied to complete an associate, bachelor or master's degree. Not only are we training better for the mission, we're educating for a lifetime of service to the military and, ultimately, to the communities we call home," said Dr. Mitchell Seal, founding dean of USU's College of Allied Health Sciences.

Seal was selected as dean following a nationwide search. He has more than 30 years' experience in higher education. Seal served in the Navy for 25 years, first as a drummer in the U.S. Navy Band, and later as a Nurse Corps officer. Among his assignments, Seal served as a medical-surgical staff and charge nurse at the Naval Hospital in Charleston, S.C.; head of the Nursing Staff Development Division and Staff Education and Training department at the U.S. Naval Hospital in Guam and at the Naval Hospital in Lemoore, Calif.; as head of the Education

Support Services department at the Naval School of Health Sciences in San Diego, Calif.; and as the Director of Strategic Planning and Partnerships at METC.

He retired from the Navy in July 2015 at the rank of Commander. Following retirement, he served as the Dean of the School of Online Learning at the University of the Incarnate Word in San Antonio, Texas.

Seal earned an Associate of Science degree from Trident Technical College, North Charleston, South Carolina, summa cum laude, in 1994, followed by a Bachelor of Science degree in Nursing from the Medical University of South Carolina, Charleston, summa cum laude, in 1996. In 2004, he earned a Master of Education and Instructional Technology, with honors, from the University of West Florida, and a Doctor of Educational Administration, in 2009, from the University of the Pacific, Stockton, California.

He began his duties as dean Feb. 1, 2017. As dean, he will advise the President of USU on a variety of issues related to non-privileged graduate and undergraduate health science technical and professional education, research, and workforce development.



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# The Journal

For more information, please call Cathy Ozman - (410) 770-4179

NSAB  
Winter Coat Drive

2016/2017

From Oct. to Jan., winter clothing items were collected at NSA Bethesda & donated to Interfaith Clothing Center and Bethesda Cares.

551

Items Collected

321

Coats Donated



Households Goods Move  
Timelines Compressed  
Due to FY17 CR

From Naval Supply Systems  
Command Global Logistics  
Support Office of Corporate  
Communications

The Navy Household Goods (HHG) global team announced Feb. 8 Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution (CR) for fiscal year 2017.

As a result, once Sailors are in receipt of orders from their detailers, they should submit those orders to the HHG website within 72 hours to initiate the HHG shipment process. The website for submitting orders is [www.navsup.navy.mil/household](http://www.navsup.navy.mil/household).

The consequence of the CR is service members will receive their orders only approximately two months prior to their expected move timeframe. Due to the way resources are phased and allocated under a CR, the Navy currently does not have sufficient funds in its manpower accounts to allow for the normal three to four month lead times for Sailors' PCS orders.

Besides the time constraints, the impact of the CR will be exasperated by the usual annual peak season challenge of private-sector capacity limitations across the industry; shipping, packing, and transportation.

"We are operating under a compressed timeline due to the current CR, and our personnel working at Navy Household Goods are doing everything in their power to facilitate PCS moves once Sailors provide their official orders online," said Rear Adm. James McNeal, commander, Naval Supply Systems Command Global Logistics Support.

Navy HHG is providing scheduled, live webinars in an effort to help educate Sailors and their families on the HHG moving process. The schedule for the webinars is available on the [www.navsup.navy.mil/household](http://www.navsup.navy.mil/household) website.

"We are making extra effort to ensure our Sailors and their families are taken care of during the PCS move process; however, I cannot stress how critical it is that the service member follow the guideline to submit their official orders to our website online as soon as possible once in receipt," said Deborah McGlennon, HHG program manager.

"PCS moves are always a team effort between the Sailor, the family members, and the Navy HHG team, but they begin with that first action — submitting the official orders online," said McGlennon. "That must be initiated by the Sailor."



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# Army Burn Flight Team Travels Thousands of Miles to Save Lives

By Meghan Portillo

The Army burn flight team has transported patients twice from Singapore back to the Army Institute of Surgical Research at Joint Base San Antonio — Fort Sam Houston, Texas. For the team, both flights were landmark missions.

The burn flight team is a five-person team that flies burned military personnel from anywhere in the world back to the USAISR Burn Center, the only burn center servicing the Department of Defense. A team consists of a burn surgeon, a critical care registered nurse, a licensed vocational nurse, a respiratory therapist and a forward operations noncommissioned officer. Four teams rotate call, so that two are always ready to deploy.

The Army team’s first mission to Singapore on Feb. 22, 2013, was the longest nonstop flight in the team’s history. Because of the patient’s critical status, the Air Force critical care transport team operating the C-17 Globemaster III refueled inflight, allowing the burn flight team to get the patient to the burn center as soon as possible.

“They have a hook up in the front, and then a little fueling plane flies ahead and lets out a little cable, and they have to connect them,” explained Sgt. Matthew Anselmo, NCO in charge of the burn team. He is a respiratory therapist who worked as the rear operations NCO for that particular mission.

The team flew for 19 hours straight over 9,850 miles to bring the patient home. As the burn flight team is not part of the plane’s crew, they weren’t afforded crew rest. But the team members said they didn’t mind the exhaustion. Getting their fellow service member back home safely was their sole concern.



U.S. ARMY PHOTO COURTESY OF USAISR  
**U.S. Army Institute of Surgical Research Burn Flight Team members Staff Sgt. Daniel Zimmerman, Capt. Sarah Hensley and Capt. Kirt Cline monitor a patient during a record-breaking mission from Singapore on Nov. 9, 2015.**

The second and only other time the flight team transported a patient from Singapore was Nov. 9, 2015. This flight was the first time the team used a kidney dialysis machine to provide continuous renal replacement therapy inflight.

The patient, a Marine who had suffered severe electrical and thermal burns, was experiencing kidney failure and would not have survived the flight without the procedure, said Staff Sgt. Daniel Zimmerman, who was the NCOIC of the team at the time and the respiratory therapist on the flight.

Continuous renal replacement therapy, or CRRT, is similar to regular dialysis in that it removes blood,

filters it and then replaces it back in the body. It is different, however, in that it is a slow, continuous process. Because CRRT pulls blood at a slower rate, it does not disrupt the patient’s hemodynamics.

“Without CRRT, that patient would have had to stay at that remote hospital, being treated in another country,” said Staff Sgt. David Shelley, a licensed vocational nurse and assistant NCOIC of the flight team. “So the medical director decided we needed to do what it takes, get this service member to the best place in the military to treat burns, and we made it happen.”

“We are always ready,” Zimmerman said. “I was the NCOIC at the time and the only respiratory therapist on the team, so I was basically on call for two years straight. When you get that call, it’s exciting.”

And this time, the team members knew the flight would require them to use equipment they had never before taken on a flight. The team now considers CRRT part of its capabilities and has dedicated transport equipment, but on that flight, the team used equipment from the intensive care unit.

“Everything went as planned — in so much as we had never done the CRRT before,” Zimmerman said. “We weren’t sure what complications we were going to run into, but it was overall a pretty uneventful flight, and that is definitely a success.”

“Every successful mission comes with a very rewarding feeling,” he added. “To go pick up a critically injured service member who really needs attention that they can only get in the ISR in our unit, to be able to get them back here safely and see them get better — it is a very rewarding feeling.”

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